

October 2009



102 W. Old Mill Road

City Of Mesquite

702-346-5290

Senior Services Staff

- Sally Coates— Manager
- Damion Zamora— Executive Chef
- Concepcion Felix— Sous Chef
- Krissy Thornton Party Planner
- Isela Zarate— Aide
- Kimberly James— Aide
- Rick McDonald— Driver
- Jaimee Sheneman— Aide

SENIOR CENTER HOURS

7:00am to 4:30pm
Monday—Friday
Except Holidays
www.mesquitenv.gov

FLU SHOTS

Coming soon

Sav-On

October 6, from
9:00 a.m. to 1:00 p.m.
Sav-on will now accept
tri-care Insurance

Wal-Greens

October 21, 2009

From 8:00 a.m. to 12:00pm
May be covered by any
Medicare Plans. Kristi from
Wal-Greens will be here on Oct 7
& 14th to sign people up from
11:30-12:30.

**Without Insurance Vaccine
cost is \$24.99 on both days.**

Spooky Halloween Breakfast

Witches Brew and Goblins

Goop come enjoy the
Halloween spooks.

We invite you to
our Halloween breakfast
if you dare.

A Free Halloween
Breakfast Saturday,
October 17, 2009

8:00 a.m. to 10:30 pm
Over at the Mesquite

Senior Center. (Anyone over
60 can eat for free and under 60
there will be a \$4.00 a Charge).

Attention

Foot Clinic has been
cancelled due to grand
funding not being funded.

Attention

As we approach the flu season
and the scare of H1N1 for your
protect beginning Oct 1 we will
have **HAND SANITIZER**
available at the front desk and
also right next to the Salad Bar.
Please use the sanitizer when
you come in and before you use
the salad bar to prevent the
spread of germs.. Thank you

Veterans Health Fair

Saturday October 17,
2009, 9:00 am — 2:30 pm
Mesquite Mesa View.
Silver Rider will provide
rides you will need to call
to schedule.

Silver Rider 346-7006



True Love is like ghosts,
which everyone talks about
but few have seen. Author Unknown



Shelf Stable Meal

Saturday October 10, 2009,
8:00 am—10:00 pm

we will be doing a Shelf
Stable Meal here at the
Mesquite Senior Center.
Anyone over the age of 60
can stop by and pick one up.
Homebound Delivery will be
from 9:00 am to 1:00 pm.



Halloween Party

On October 29, 2009 from
11:15 am to 12:30 pm
we will be having a
Eerie Spooky Halloween
Lunch. Come but BEWARE of
the things that go bump in the
Night. Come dressed to party
with us. Prizes will be given

Welcome Back BBQ

On Thursday October 8,
2009, 11:30 am —to 1:00
pm . Mesquite will host
their yearly event sponsored
by the City of Mesquite
welcoming new and return-
ing residents to the
Community.

100 w. old mill rd west of the
Mesquite Recreation Center







October 2009



MENU

Lunch served from 11:30 am to 12:30 pm

Senior Services News

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bacon Cheeseburger Macaroni, Salad Bar, Pumpkin Pie	2 Breaded Shrimp, Butter Herb Potatoes, Glazed Carrots, Halloween Dessert
5 Chicken Fried Steak, Mashed Potatoes, Corn, Biscuit Blossoms	6 Pork Chop, Stuffing, Salad Bar, Pumpkin Cream Puffs	7 Chicken Noodle Casserole, Carrots, Roll, Scary Jell-O	8 Chili Dog Broccoli Macaroni, Salad Bar, Apples with Carmel	9 Linguini with Clam Sauce, Vegetable du Jour, Boo Berry Muffin
12 Baked Chicken, Stuffing, Cream Spinach, Halloween Dessert	13 Meatloaf, Mashed Potatoes, Salad Bar, Goblin Cakes	14 Rosemary Chicken, And Bean Stew, Ciabatta Bread, Strawberry Pudding	15 Ham & Scalloped Potatoes, Salad Bar, Snickers Roaches	16 Crab Tortellini Alfredo, Haricots Vertis, Fruit
19 B.L.T., Tomato Soup, Chips, Cinnamon Rolls	20 Baked Ziti, Salad Bar, Peach Cobbler, Witch's Hairy Fingers	21 Chicken Salad Sandwich, Chips, Pickle Spears, Three Bean Salad, Fruit	22 Tator Tot Casserole, Salad Bar, Roll, Halloween Birthday Cupcake	23 Jambalaya, Cream Spinach, Oreo Brownies
26 Lemon Chicken, Fried Rice, Egg Roll, Halloween Cookie	27 Vegetables Beef Soup, Cheese Sandwich, Salad Bar, Candy Apple	28 Italian Sub, Chips, Coleslaw, Roll, Fruit	29 Halloween Party 	30 Senior Center Closed (Nevada Day)

Nutrition Program

- Lunch is served from 11:30 am to 12:30 pm, Monday through Friday, except holidays at the Senior Center. Reservations appreciated.
- A \$2.50 donation is suggested for 60 years and older.
- A \$4.00 cost for 59 years and under.
- To inquire about Homebound delivery call 346-5290.



The Senior Services Div. is coordinating with "Animal Control " in distributing animal food for Homebound clients' pets. If you are a Homebound client and need further information on this wonderful program please contact the Senior Services Division at 346-5290.



CARDS AND TILE GAMES

WEEKLY SCHEDULE

MON	Open Pinochle	8:00 am to 3:30 pm
TUES	Mexican Train Dominos	12:30 pm to 3:30pm
	Mah-Jongg	12:30 pm to 3:30
	Scrabble	12:30 pm-3:30 pm
	Dominos	12:30-3:30 pm
WED	Open Pinochle,	8:00 pm to 3:30pm
	Mah-Jongg	12:30 pm to 3:30 pm
	Dominos	12:30 pm to 3:30 pm
THUR	Mah Jongg	12:30 pm to 3:30 pm
	Cribbage	12:30 pm to 3:30 pm
FRI	Open Pinochle	8:00 am to 3:30 pm
	Canasta	12:30 pm to 3:30 pm



Mesquite Senior Center • 102 W. Old Mill Road • (702) 346-5290